Publication Summary

Psychological Therapies Waiting Times in NHSScotland

Quarter ending 31 December 2015

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About this Release

This publication by Information Services Division (ISD) contains information about how long people waited to start treatment for Psychological Therapies provided by NHSScotland for the quarter ending December 2015.

Waiting times information for Psychological Therapies are still being developed. NHS Boards are working with ISD and the Scottish Government to improve the consistency and completeness of the information. The Scottish Government has set a standard for the NHS in Scotland to deliver a maximum wait of 18 weeks from a patient's referral to treatment for Psychological Therapies from December 2014. The standard should be delivered for at least 90% of patients.

Key Points

- 13,126 people started treatment for Psychological Therapies in Scotland, 83.5% of which were seen within 18 weeks. Half of the patients started their treatment within 7 weeks
- Five NHS Boards met the standard of treating 90% of patients referred within 18 weeks - these were NHS Greater Glasgow & Clyde, NHS Highland, NHS Lanarkshire, NHS Western Isles and NHS Tayside.
- Improving access to services for older people is a key element of the mental health strategy. 704 people aged 65 and over started treatment for Psychological Therapies in this quarter and 87.8% were seen within 18 weeks.

Background

Following the conclusion of previously planned work on a tolerance level for Psychological Therapies waiting times and engagement with NHS Boards and other stakeholders, the Scottish Government has determined that the Psychological Therapies standard should be delivered for at least 90% of patients.

Psychological Therapies refer to a range of interventions, based on psychological concepts and theory, which are designed to help people understand and make changes to their thinking, behaviour and relationships in order to relieve distress and to improve functioning. The standard applies specifically to Psychological Therapies for treatment of a mental illness or disorder.

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Further Information

Further information can be found in the Psychological Therapies Waiting Times in NHSScotland report or on the Psychological Therapies pages of the ISD website.

ISD and Official Statistics

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of 'Official Statistics'. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics.
Further information about our statistics.